

Scarsdale High School Physical Education Department
2011-2012 Application for Independent Study in Physical Education

Please type or print

Student's Name: _____ Grade _____

Date of Application: _____ Homeroom _____

Activity applied for: _____

*Courses or variations of courses offered in the SHS PE curriculum will not be considered for an exemption. This **MUST** be a course of study within physical education that is educational in nature. **Recreation and team/individual sports and competition does not fulfill the independent study requirements. Independent study may be taken for a total of 3 quarters during your high school career.**

Students applying for independent study must meet Fitnessgram requirements.

_____ Application for the 1st quarter due 9/15.

_____ Application for the 2nd quarter due 11/1.

_____ Application for the 3rd quarter due 1/13.

_____ Application for the 4th quarter (due 3/11.

Final logs and report are due the last day of the quarter.

Name of agency: _____ Phone: _____

Address: _____

Name of supervising professional: _____

Certifications held: _____

Daytime Phone: _____

E-mail of Supervisor _____

Signature of supervising professional

Supervisors will be asked to certify the student's activity and participation on a bi-weekly basis.

Dean's Approval: _____ Date _____

To be considered for an exemption the student must have a C average or better and be current in their PE requirements.

Parent Approval: _____ Date _____

Students need to complete Part 2 located on the reverse side.

The following are the New York State learning standards at the commencement level for Physical Education.

Standard 1- Personal Health and Fitness

Students will perform basic motor and manipulative skills. They will attain competency in a variety of physical activities and proficiency in a few select complex motor and sports activities. Students will design personal fitness programs to improve cardio respiratory endurance, flexibility, muscular strength, endurance and body composition.

Standard 2- A Safe and Healthy Environment

Students will demonstrate responsible personal and social behavior while engaged in physical activity. They will understand that physical activity provides the opportunity for enjoyment, challenge, self-expression, and communication. Students will be able to identify safety hazards and react effectively to ensure a safe and positive experience for all participants.

Standard 3- Resource Management

Students will be aware of and able to access opportunities available to them within their community to engage in physical activity. They will be informed consumers and be able to evaluate facilities and programs. Students will also be aware of some career options in the field of physical fitness and sports.

On a separate sheet of paper please prepare your independent study proposal. Answer the following questions pertaining to your independent study.

1. What is the activity that you are applying for? Identify all of the applicable learning standards and how your participation will meet these standards.
2. Describe your current level of experience in the activity and describe in detail the goals that you have set for yourself to attain at the end of your participation.
3. Describe the days and times of your participation.

** You also need to submit a brochure from the facility describing the program you are enrolled in.

Once submitted, the supervising professional will be contacted to verify the activity and level of participation. Please review your above independent study proposal with them prior to submitting it. Your application will then be reviewed and you will be notified if you are accepted into the Independent Study Course. Until you have been notified, you will need to attend your regular physical education class.

Students who are accepted into the course will complete the log sheets bi-weekly and a quarterly review paper at the end of each quarter. Time logs are to be submitted every other week and must be signed by the supervising professional. If forms are not received, credit for the course will not be issued and future participation in the course will be terminated.

Prior PE Independent Courses (Dates) _____, _____, _____.

I have read and understand the requirements and procedures for completing the independent study course in Physical Education.

Student's Signature

E-mail

Date

Date application received _____ Documentation received _____

Fitnessgram passed _____

Approval of District Coordinator of Physical Education _____

Action: _____ Date: _____ Approved applicants will be assigned to a section with Mr. Blessing as their advisor.